

Cross Country and Road 2026

Newsletter 8: 13th May



1. Weekend News

We had 32 Juniors and 10 Seniors enjoy the hilly Grand Prix 1 at Pukekohe Showgrounds on Saturday. The sun was shining, the tunes were pumping and the bag of carrots on the finish line was a bonus!

Congratulations to all runners. Full results can be found on the Athletics Auckland website [here](#). Special mention to the following runners who finished in the Top 10 of their races:



Girls U8 2 nd - Haydee Kaitao 3 rd - Julie Blake 4 th - Evelyn Su 10 th - Ella Hu	Girls U10 1 st - Anya O'Meara 5 th - Tillie Koloamatangi 7 th - Ryalie Spurdle	Boys U10 3 rd - Carter Flowers 8 th - Theo Mackie	Girls U12 1 st - Riley McKay
Boys U12 1 st - Kayno Kaitao 2 nd - Wolfgang Brunt 4 th - Vito Feng 8 th - Jensen O'Meara	Girls U14 5 th - Mila Henison 7 th - Ilona Richards	Boys U14 8 th - Fletcher O'Brien	Girls U16 5 th - Olivia Stone
Men U18 5 th - William Moulder 9 th - Kade McLoughlan	Men U20 1 st - Caleb Wagener	Men 35 3 rd - Ben Jackson	Women 45 2 nd - Dale Berrill
Women 50 1 st - Rachel Penney	Men 55 5 th - Richard Wagener	Men 60 4 th - Andrew McKay	Men 65 4 th - Ian Wright
Men 80 2 nd - Fred Burke			

2. Club Registration Reminder – 26/27 Season

Runners must be a registered club member if they want to participate in a club-based event, Athletics Auckland event or National Championship.

Children and Youth have the option to join the winter cross country and road season only or take up an annual membership which also includes the track & field season. Seniors can register at any time of the year and membership is for 12 months.

Non-members may enjoy **two free** trials prior to registering.



Category	Membership Type	Price
Children	• 2-6 years annual membership (XCR+T&F)	\$120
	• 2-6 years winter membership (XCR)	\$105
	• 7-14 years annual membership (XCR+T&F)	\$220
	• 7-14 years winter membership (XCR)	\$185
Youth	• 15-19 years annual membership (XCR + T&F)	\$220
	• 15-19 years winter membership (XCR)	\$200
Competitive Seniors	• 20-59 years annual membership:	\$210
	• Masters (60 years +) annual membership:	\$195
Non-Competitive Seniors	• Senior club only annual membership:	\$185
	• Joggers and Walkers/social/non-competing member:	\$ 75

3. Cross Country News – School, College and Beyond

No news this week. Please email us with results and news so that we can celebrate the success of our members.

4. Seniors (U18+) News

SENIOR WINTER LEAGUE: Pakuranga are in 2nd place after Race 2 of the Senior Winter League. Remember, the more runners from a club, the more points scored. Next up is Grand Prix 2 (Senior League Race 3) at Pakuranga on 23rd May.



POSITION	CLUB	POINTS
1	Owairaka	96
2	Pakuranga	73
3	TTT	68
4	ACA	63
5	Night Nijoa	56
6	Glen Eden & Oratia	49
8	Lymedale	43
9	North Harbour Boys	38
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CLUB POINTS: Accumulation of points is underway for the end-of-season awards. The next club points building event is this Saturday's Memorial Day.

Seniors use the 2km yellow course – see map. The club cross country distances for the Seniors division are:

- Walkers 4km
- Masters Men 70+ 6km
- U20 Women 6km
- Senior Women 8km
- U20 Men 8km
- Masters Men 35-69 8km
- Senior Men 10km

Please note that these distances are **optional**, except for the Club Champs on 25th July. We encourage participation at a level runners feel comfortable with.

5. Club Cross Country Course



6. Winter Training Options

JUNIOR COACHING

What?	Cross country on grass and track work
For Who?	Registered members aged 7-10yrs
By Who?	Mike Trathen
When?	Tuesday (cross country) and Friday (track), 4-4.45pm
Where?	Yvette Williams Track
How much?	\$15 per week
Members are encouraged to attend both sessions.	
For more info:	mtandtb@xtra.co.nz

DISTANCE & SPRINTS TRAINING

What?	Stamina, Sprints, Hill Reps, Middle Distance, Speed Development
For Who?	Registered members aged 10yrs+
By Who?	Mike Trathen
When?	Monday to Friday, 5pm; Sat 10am
Where?	Yvette Williams Track
How much?	\$60 per month
For more info:	mtandtb@xtra.co.nz



7. Call For Volunteers

Gazebo

We are looking for volunteers to take the club gazebo to the Grand Prix events this season. The gazebo helps members stay dry and have somewhere to meet. The committee needs your assistance transporting it to and from the events, preferably a Senior/Masters runner to take to the event and a Junior parent to return it to the clubrooms. The gazebo has a 3x3m frame plus a black box for the cover and sides. Please email us if you're able to help pakxcr@gmail.com

Kitchen



Due to the club kitchen team having various commitments throughout the season that will take them away from the club, we will not always be able to have the full menu offerings every week. It would be great to get a regular adult volunteer (or two) trained up in the kitchen to support club days, especially for those days where the U7 athletes are too young to enter the outside events - we would love to be able to host more club days for them!

So, if hanging out in a nice warm kitchen during cold wet winter running sounds like your cup of tea, then please come and say hello to Liam in the kitchen.

8. Upcoming Events

SATURDAY 16TH MAY – CLUB CROSS COUNTRY EVENT - MEMORIAL DAY

Pakuranga Athletic Club
Memorial Day 2026
Saturday 16th May

- **Brenda Ames Memorial Run/Walk at 2:30 pm**
 - 2, 4 or 6 km run; 2 or 4 km walk
 - Closest to estimated 6 km run/4 km walk time wins
 - Open to all, including non-registered friends of the club
 - Registrations open from 1:45 pm
- Get together and remember old friends after the race. Complimentary nibbles
- Dedication of the Mike Murray Corner
- Remembrance book for viewing

Past and present members all welcome

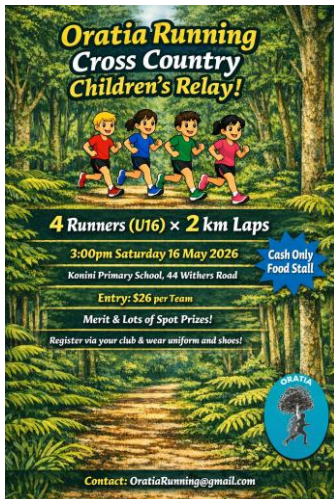
Junior members not at the Oratia Relay may join in the run and complete a distance of their choice.

SATURDAY 16TH MAY – ORATIA JUNIOR RELAY (JNR LEAGUE RACE 2)

The Oratia Junior Relays are at 3pm this Saturday at Konini Primary School, 44 Withers Road, Glen Eden. **Participants will be emailed by Friday with further information.**

Please arrive **no later than 2.30pm** and meet at the back of the school (shown by the red squiggle below). The red arrow shows where to enter the school to find the race. Please remember this is a team event – arrive in good time to meet your teammates, collect your bib and warm up. Relays are awesome, go have fun!

For parents and younger runners, there is also a Fun Run at 2.20pm. Just turn up and give it a go. \$2 coin entry fee. Shoes need to be worn.



SATURDAY 23RD MAY – GRAND PRIX 2 (SNR LEAGUE RACE 3) - PAKURANGA

Pakuranga Athletics Club is hosting the second of the Grand Prix Race Series. **This is an Athletics Auckland event and requires registering. If you have entered the full Grand Prix Series you do not need to enter each race individually and therefore no further action is required.**

To enter the Grand Prix 2 individual event, please click [here](#). Entries close 11.59pm Wednesday 20th May.

Please note: Registrations for the U7 Fun Run are done on the day.

Please arrive with sufficient time to park, collect your bib number, and warm up.

Ensure you wear correct club uniform – Pakuranga singlet with either black or navy shorts.

We welcome runners from all around Auckland and need some extra help to ensure the event runs smoothly. These events run because of volunteers, so please, even if you could spare an hour, it would be appreciated. Duties are:

Marshaling

12.45 - 2.00pm

2.00 - 3.25pm

Finish Chute

12.45 - 2.00pm - Chute Marshals, Callers, Starters Assist, Lap Person

2.00 - 3.25pm - Chute Marshals, Callers, Starters Assist, Lap Person

12.45 - 3.25pm - Recorder

Kitchen

It gets super busy when feeding hundreds of hungry athletes. We would love at least 2 extra sets of hands to help run the kitchen and BBQ. Ideal for college students needing service hours.

Please email pakxcr@gmail.com if you can spare us some time on the day.



9. Hoodies and Uniform

Have you got your snug Pakuranga hoodie to keep you warm this winter?! We have samples to try on for size in the clubhouse. T-Shirts, Track jackets and Track pants are also available. These items are optional and can be personalised.

Please note: The club singlet and black/dark blue shorts or leggings should be worn at all club and outside events. Children's, ladies' and men's singlets are available to purchase from the clubhouse.

Pakuranga Athletic Club Cross Country & Road 2026 Calendar subject to change

DATE	EVENT	LOCATION
Saturday 16 May	Club XC Event - Memorial Day	PAC
Saturday 16 May	Oratia Junior Relay (Jnr League Race 2)	Oratia
Saturday 23 May	Grand Prix 2 (Snr League Race 3)	PAC
Tuesday 26 May	College Sport Auckland Cross Country Champs	PAC
Wednesday 27 May	Club AGM	PAC
Saturday 30 May	Lynndale Junior Relay (Jnr League Race 3)	Lynndale
Saturday 6 June	Club XC Event	Eastern Beach
Saturday 13 June	Auckland Cross Country Teams Champs (Jnr League Race 4 / Snr League Race 4)	Barry Curtis or Ambury Park
20 – 21 June	NZ Secondary Schools Cross Country Champs and Relays Champs	Wellington
Saturday 20 June	Club Event	PAC
Saturday 27 June	Grand Prix 3 (Snr League Race 5)	Long Bay
Saturday 4 July	North Island Cross Country Champs	Taupo
Saturday 18 July	Grand Prix 4 incl. Auckland Cross Country Champs (Snr League Race 6)	Barry Curtis
Saturday 25 July	Club XC Champs	PAC
Saturday 1 August	Club Road Event	PAC
1 – 2 August	NZ Cross Country Champs AND NZ Cross Country Teams Champs	Christchurch
Tuesday 4 August	College Sport Auckland Road Race Champs	Bruce Pulman
Saturday 8 August	ACA Pairs Race (Jnr League Race 5)	Cornwall Park
Sunday 16 August	Grand Prix 5: Auckland Road Race Champs (Snr League Race 7)	Bruce Pulman
Saturday 22 August	Club Road Event	PAC
Saturday 22 August	Moire Park Trail Relay	Moire Park
Saturday 29 August	Club Road Event	PAC
Saturday 29 August	NZ 10km Road Champs	New Plymouth
3 – 4 September	NZ Secondary Schools Road Relay Festival	TBC
Saturday 5 September	Te Hāora – The Hour Race (U18+) (Snr League Race 8)	Ōwairaka
Saturday 12 September	NZ 1 Mile Champs	Dunedin
Sat 12 OR Sun 13 September	Auckland Road Relay Champs (Snr League Race 9) followed by Jnr Prizegiving	Mt Smart
Sat 19 OR Sun 20 September	Auckland 5km Road Champs followed by Snr Prizegiving	Mt Smart
Saturday 26 September	Club Road Champs	PAC
Saturday 3 October	NZ Road Relay Champs	Whanganui
Sunday 1 November	Auckland Marathon (incl. Club Marathon Champs)	Auckland CBD
Sunday 1 November	NZ 100km Champs	Christchurch
Saturday 7 November	NZ 50km Champs (part of Legend of the Peaks)	Rotorua
Saturday 29 November	NZ Marathon Champs	Whanganui
Saturday 5 December	NZ Long Trail Champs and NZ 5km Champs	Nelson

School & Public Holidays

Events held at Pakuranga Athletic Club (PAC)

Secondary School Events

Athletics Auckland Events

Relay

Nationals